

Sierra Vista

Physical Education Newsletter

Monday, December 3, 2012

November is in the books. All PE classes had an awesome time this month. Please read below and enjoy the newsletter! If you have any questions or comments, please let us know. Thanks for all of your support.

Shout Out!

The Sierra Vista Physical Education Department would like to give a big shout out to Suzanne Reed, our Sierra Vista IPSF ambassador. Suzanne won \$1000 worth of screen printing in a raffle at the IUSD PTA meeting and decided to donate the shirts to our school Milers Club program. Milers club is a distance running achievement students can earn in PE. Students can earn a T-shirt by running the mile in much less time than their California State Healthy Fitness Zone time. Each year many Sierra Vista students make Milers Club through their hard work and dedication in class. A big thanks to Mrs. Reed and Manhattan Stitching! Below is a picture of our new Milers Club shirts.



Caldwell Health Fact

Did you know that waking up in the morning with no appetite can be a sign of high adrenalin? Adrenalin is released when you are not eating frequently. Some of the signs of high adrenalin are abnormal craving for sweets, awakening after a few hours of sleep and then having a hard time falling asleep again, chronic fatigue, hand tremors, irritability before meals, and poor memory. Before bed I encourage you to have a small snack such as a piece of cheese(fat, protein) and fruit(carbohydrate/sugar) and upon wakening you can sip on some OJ or eat a piece of fruit to lower morning adrenalin before you eat breakfast. Try this for a couple days and see what happens!

Physical Education Happenings

Mr. Caldwell(nealcaldwell@iusd.org or 949-936-6649)

This month we played pickleball which is my favorite sport at Sierra Vista. Pickleball is just like tennis with slightly different rules. During the month your son/daughter learned how to get in ready position, serve, and hit a forehand and backhand with proper technique. All students had success during this unit, and it was awesome to see everyone having fun each day. Last week I brought out the flip videos and had each team do some "Pickleball peer coaching." They had to record themselves hitting a forehand and backhand. They then gathered together and watched the video to see how they look when they hit the ball. As a team they would help each other correct their technique and then practice again. It was cool to see each group working together and helping each other improve. Please click on the link below to see them in action recording each other.

This month we will dive into our long and short jump rope unit. Each student will be working in groups and will have to create a 5 minute long jump rope routine which they will perform in front of the class. They will also try and conquer the red, white, and blue short jump rope clubs.

<http://caldwellpe.com/archives/3511>



Mrs. Morris(melindamorris@iusd.org or 949-936-6653)

Students worked hard during our softball unit this month. We studied the rules of the game, field positions and improved our batting and fielding skills as the month progressed. Students with softball experience demonstrated their leadership skills during game play and skill development. It was great to see the students working well together and encouraging one another. On cardio days students are learning to monitor their performance when jogging; as their fitness improves they can set new goals for themselves. Students have also been busy learning about the health related components of fitness and recording their Fitness Log entries on fitness days. Congratulations to those students who have joined Miler's Club, we will continue to hold try outs- stay tuned!

Mrs. Cachola (joancachola@iusd.org or 949-936-6625)

This month Mrs. Cachola's PE activity was Softball. Her students were taught proper hitting, throwing and catching techniques. After practicing these skills, students were divided into teams and played in a tournament. In addition, this month's fitness activities included a circuit rotation of aerobic and anaerobic activities including: shuttle run, curl-ups, push-ups, tricep dips, agility ladder drills, jump rope, coordination throws and catches, and a rest station to monitor heart rate intensity and recovery time.

Mr. Hough(davidhough@iusd.org or 949-936-6649)

Hello Charger Parents and Students. This month in Mr. Hough's class we have been in the Flag Football Unit. The Flag Football unit is another one of my favorites to teach, filled with many fundamental skills, game situations, and complex rules. We started off learning how to properly grip the football and quickly transitioned to throwing and catching. It was great to witness students build their confidence as many threw their first spiral! We then transitioned to learning pass patterns, how to run with the ball while keeping it protected, and the role of offensive and defensive players. Not before long students were all participating in flag football games. Since all classes progressed so well, I decided to teach additional skills like kick-offs, returns, and punting. All students did a great job, and it was so great to see teams call a huddle and put together dynamic plays.

This month we also participated in many cardio/fitness days. We mixed up cardio in class and grouped up for relay races, we did sprint interval races, and we recorded our mile times. In December we begin the extremely fun unit of Frisbee!



Mr. Dunn(jeffdunn@iusd.org or 949-936-6682)

Watch out intercollegiate Ultimate Frisbee teams! SVMS players will be coming at you in a couple of years with skills and abilities that should impress even the most diehard U.F. fans. "Ultimate" was definitely the game of choice this month, as it incorporates the best of what field sports have to offer. There was plenty of action out there. High levels of cardio; the drama of competition; demonstrations of skills and strategies were all evident in the games our students played on the lower Westwood turf.

Another obvious plus to the month was the incorporation of the "spirit of the game" mentality that our students adopted. Ultimate is a self-regulated sport. There are no officials (referees) to call the shots or name the penalties. It is up to each individual player to honor their place on the team and their participation in the competition by practicing the utmost in sportsmanship. I am pleased to report that our players did themselves proud by adhering to this principle. The games went off without a hitch and a notable vibe of camaraderie could be felt and witnessed as players left the field at the end of each period. Participation and spirits were high as "Ultimate" is a sport where everyone can find their niche.

Great Job Players!

Lunchtime Sports

This month we are offering Pickle ball as our lunchtime sport. Pickleball is an extremely fun cross between badminton, tennis, and table tennis. I can't believe that we currently have 36 teams with over 140 students participating! We are going to take the playoffs into the month of December because of the huge turnout. We have 18 teams in the playoffs, so we will keep you posted on which teams make it to the top. Click on the link below to see some game action. Next month we will be offering team hand ball.

<http://caldwellpe.com/archives/3461>

Sincerely,

Dave Hough

Diabolofest

Last week was our annual visit from our "diabolofest" friend. The diabolo, a 2000 year old Chinese juggling apparatus and alternative sport, strengthens abilities in other sports, builds eye/hand coordination and self-confidence in each high energy packed period! All of Sierra Vista's students were able to work in group and practice with the diabolo. It was a fun time for all. We have some talented students. Please click on the link below to watch 4 videos of our students and Christian the diabolo master in action. You can also go to www.diabolofest.com to learn more.

<http://caldwellpe.com/archives/3504>

Pickleball Competition

Below is the shoe that Sam C. chose from *"A Snail's Pace"* running store in Laguna Hills for taking 1st place in our first annual TA jog/walk. Click on the link below to watch the video in case you missed it. Well done Sam and to all students and staff who came out to jog/walk that day.

<http://caldwellpe.com/archives/3540>

Our next competition is coming up soon. On December 18, 19, 20 we will have a 4 on 4 pickleball challenge. Here is how it works. All students can sign up for this competition. YOU will choose a pickleball team of 4-5 players along with a team name. You will turn in your team roster on a piece of paper to Mr. Caldwell by Friday, December 14. Once all teams have been turned in, I will put all teams in a hat and draw out 16 teams randomly to participate in the competition. During the 3 day competition we will go from 16 teams, to 8, to 4, then 2 for the finals.

Prizes include Volcom backpacks, Volcom socks, and Volcom beanies. All teams who are chosen will get one charger card just for playing.



Neighborhood Sports

Irvine Hoops Classic

In this year's Irvine Hoops Classic tournament, the 7th/8th Girls team had a great mix of both grades and basketball experience, with everyone playing hard and contributing to each game. All the teams in this tournament were from Irvine schools, so it was fun to show our school pride and play against so many familiar faces from within our own community. In our first game, we charged back in the second half of our game against South Lake with intensity, but came up a little short. And in our game against Rancho, we kept the pressure on, with an excitingly close first half one-point game, before falling back in the second. Coach Jeanne Klimon made sure to infuse the practices and games with fun, camaraderie and SV team spirit, and everyone made new friends and had a good time. For the second year in a row, the team chose to make a difference and get involved by wearing pink jerseys to honor all our neighborhood moms/daughters/sisters and their families and friends who fight and are affected by breast cancer with such hope, strength and courage.

Players

Rabia A (7th), Warisha A(8th), Kaitlyn C (8th), April C(8th), Jessica D (8th), Alissa H(7th), Gabi K (8th), Emily O (7th), Mikaela P (7th), Aliyah S (7th), Lauren T (8th).

Thanks,

Holly Chu







Hockey Team

The Chargers only played 2 games during the month of November, but came away with one win and a tie. On November 9th they skated against Ensign, a team from a higher division, and ended up getting a 4-4 tie. With only 5 players available the Chargers went down 3-0 early in the first period, but battled back over the next two periods to tie the game 3-3. With 45 seconds left Bishan W scored the go ahead goal on a breakaway, but then Ensign scored with 20 seconds left to tie it at 4-4. It was extremely exciting, and the boys felt very proud after facing a team from a higher division and almost coming away with a win.

On November 16th the boys played Irvine rival Lakeside and earned a 6-3 victory. They went ahead by 5 in the first two periods, but Lakeside battled back and made it close. Our awesome goalie Pierce was able to close out the game however, stopping Lakeside on a late power play to put it away.

Our season record is now 5-2-1 and the team is currently in first place in the JVC division. We have games on December 7th and December 14th, with playoffs to follow. As always, anyone is welcome to come cheer on the team .

Coach Z

Middle School Program News

Hello everyone! The month of November was a fun one for MSP. The first three Fridays of the month, students were taken to participate in various activities after school for Gnarly Outdoor Adventures. These activities included rock climbing, snorkeling and paddle boarding. We got lucky and went snorkeling in Laguna on one of the most epic days of the year; water visibility was upwards of 30 feet! Students saw a wide range of marine life including tons of Leopard Sharks in the surf (don't worry, they are harmless).

In December, MSP will continue its after-school basketball program on Tuesdays and Thursdays. The district wide tournament between all the schools will be on Thursday December 13th at Rancho Middle School.

Need something to do over the winter break? Then signup for Winter Teen Camp! There will be two sessions this year. The first runs from Dec. 26th – Dec 28th and activities include: Boomers, Knott's Berry Farm, and bowling & movies. The second session runs from Jan. 2nd - Jan. 4th and activities include: Dave & Busters, Sea World, and Pizza making & Bowling. Please visit www.irvinemsp.com for more information, or visit www.irvinequickreg.org to register. Registration can also be completed via hard copy; simply turn in a filled out flyer with an attached payment.

For more information about the Middle School Program, or for questions or comments, please feel free to me.

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Coming Up

Lunchtime pickleball playoffs
Staff vs. student pickleball game
Lunchtime team handball sign-ups

To learn more about Physical Education at Sierra Vista go to www.CaldwellPE.com. Please feel free to contact anyone of us. Thanks for your support!

Sincerely,
Neal Caldwell